



# Caregiver Corner

City of Alexandria  
Division of Aging and Adult Services

Compassion brings us to a stop and for a moment we rise above ourselves— Mason Cooley

## Caregiver Tip:

September is Older Virginians Mental Health Month, which focuses awareness on recognizing mental health symptoms and maintaining good mental health. More than 20 percent of adults over age 55 are affected by a mental health disorder.

Caregivers have a dual role; recognizing mental health symptoms in their loved ones and protecting their own mental health through good self-care. Mental health symptoms in older adults are often dismissed as signs of dementia or aging, but these are not a part of the normal aging process and caregivers should consult their loved one's physician if they notice unusual symptoms or behaviors

Caregiving is associated with higher levels of stress, emotional problems and depression putting caregivers at higher risk for these symptoms. Caregivers should consult their doctor if they are experiencing these symptoms or have concerns.

**Caregiver Support Group**  
**Wednesday, September 2, 2015**  
**4—5:30 p.m.**  
**Alexandria Adult Day**  
**Services Center**

## Resources:

**10 Ways to Deal with Caregiver Stress** This article from AARP offers suggestions on how to deal with caregiver stress and protect your mental health. <http://www.aarp.org/relationships/caregiving/info-06-2010/crc-10-caregiver-stress-managment-tips.html>

**Depression and Caregiving:** This booklet by The Family Caregiving Alliance describes the symptoms and possible solutions for caregivers who may be experiencing depression. To order go to <https://caregiver.org/depression-and-caregiving>

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